Camp Staff

Jesse Weiner

Head XC and Track and Field Coach, 2nd Season at Alderson-Broaddus. Former Assistant coach for 2 years at Adrian College. Graduate Assistant at East Stroudsburg University (PA) . Interned at The Penn Relays. B.S. from East Stroudsburg, M.Ed. from East Stroudsburg University.

Current Cross Country and Track and Field team members.

Alderson-Broaddus College
Cross Country Camp
101 College Hill Drive
Philippi WV, 26416

Phone: 304-457-6279
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Sponsored By Alderson-Broaddus

Alderson-Broaddus College Cross Country Camp

Run with the Champions!!

Date: July 15-18, 2012

Instruction on Cross Country Running and Distance Training from Alderson-Broaddus College.

Philosophy

Get a jump on the season with your teammates at the AB Cross Country Camp. The AB Cross Country Camp is designed to educate runners in all areas of training and competing. During the AB camp, each runner will learn running technique, nutrition, and weight training. We believe our knowledge and passion for the sport will assist each camper's goal of becoming a better runner. Our goal for each athlete is that they learn from the staff, increase their passion for running, and grow from their new friendships.

General Information

- Distance runners will enjoy WV trails
- Goal setting
- Pool workout and drills
- Access to weight room
- All you can eat meals
- Recreation Facilities
- 24 hour campus security coverage
- Experience living in University residence halls
- College Talk to Juniors/Seniors
- For grades 7-12
- Free camp t-shirt

Camp Care Services

Our AB summer camp care staff are first aid and CPR/AED certified. Summer camp care staff will provide routine first aid services to the runners during hours the camp is in session, and will refer medical emergencies and illnesses to the Broaddus Hospital, located minutes from campus.

Daily Schedule (Tentative)

- 7:30am Wake Up/Breakfast
- 8:30 am Training Session
- 10:00am Counseling Session
- 12:00pm Lunch
- 1:00pm Free Time
- 2:00pm Training Session
- 3:30pm Speaker/Analysis
- 5:00pm Dinner
- 6:30pm Recreation Activities
- 8:30pm Movie/Pool/Activity
- 10:30pm Lights Out

Cost

The cost for the AB XC Camp is $350 for overnight campers; $225 for commuters. All meals are included for overnight campers and lunch only for commuters. Please enclose a $75.00 non-refundable deposit with the application and return by June 30, 2012. The balance is due one week prior to the start of camp week. Campers who leave early due to illness/injury will receive a pro-rated refund. No refunds will be given for a camper who is sent home for disciplinary reasons.

Team Discount

Four or more athletes from the same school will pay $175 for commuters and $300 for overnight campers.

Accommodations

Campers will be housed on campus with two athletes per room. Athletes may request specific roommates (housing request must be sent with registration form). Linens are provided.

Sunday, July 15th Camper drop off 11am
Wednesday, July 18th 3k Cross Country Race
Wednesday, July 18 Camper pick up 4pm

2012 Registration Form Cross Country

Name (first)_____
(last)_____
Address_____
City_____State_____Zip_____
Phone Number_____
E-mail_____
Date of Birth_____Sex_____
Age (June 30)_____Grade (June 30)_____
Name of Parent or Guardian_____
Emergency Phone_____
School_____
Coach_____
Events_____
Overnight_____ Commuter_____
Roommate Name_____
T-shirt size: S M L XL
Make Checks Payable to:
Alderson-Broaddus Cross Country
Mail to: Alderson-Broaddus College Attn: Coach Weiner 101 College Hill Drive Philippi WV 26416.
X_____
Parent/Guardian Signature

Once registration form is received , a medical form, directions, itinerary, and receipt will be mailed. If you register after June 30th call to confirm openings and registration.

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